



# Fit For Sport's Extended School Club Newsletter



## Welcome back!

We hope you enjoyed a wonderful Easter break and you're feeling refreshed and raring to go for lots of fun physical activity with Fit For Sport during the summer term!

### What to expect for the final term...



➤ Sports days



➤ Multi-Sports



➤ Arts and crafts



➤ Themed activity weeks



➤ Activity challenges



➤ Parachute games



➤ Teamtastic games

➤ Healthy Passports



➤ New healthy snacks



**Our vision is for every child to...**



➤ Homework



➤ Love being active and feeling healthy

➤ Move with confidence and feel successful

➤ Feel self-empowered and respectful of others



"Sign up to our monthly Fitter Families Newsletter at [www.fitforsport.co.uk](http://www.fitforsport.co.uk) for top tips on how your family can commit to an active 2018!"

### Why should I send my child to Fit For Sport Breakfast and After School Clubs?

- Fit For Sport's highly **qualified** and **experienced** staff **are** dedicated to teaching your children the benefits of leading a **healthy active lifestyle**.
- **ALL** children that attend get to revel in **FUN** physical activity every weekday.
- Children receive the option of **a healthy breakfast** and/or **a nutritious snack** at the clubs.
- After a day of structured learning children need to be able to **release their energy**.
- Children get to try **new activities** that they may never have experienced before.
- The clubs result in a boost in **concentration levels** and they also help **raise attainment**.



@FitForSport.FFS

[www.fitforsport.co.uk](http://www.fitforsport.co.uk) 0845 456 3233



@fitforsportuk

# Commit your family to an active 2018!

Getting fit is all about making simple changes to your everyday life. Our monthly Fitter Families Newsletter features lots of Simple, Achievable and Sustainable (SAS) tips to help get you started on your journey to an active 2018.



## Game of the month...Cowboys

Mark out the playing area using cones and divide into four teams. Each team is given different coloured sashes to wear. Select four 'catchers' who have to round up everyone wearing the same coloured sash. Those wearing the sashes run around the playing area trying to avoid the catchers. Once a catcher has been tagged, they bring (not drag) the captured child to the leader and then go and round up another player. The first catcher to have rounded up all of those wearing their chosen colour is the winner. Select four new catchers and repeat the game.

## Recipe of the month...Kid's Trail Mix

Give your children the perfect healthy snack this summer term with this delicious kid's trail mix that contains all the necessary goodness to fuel their active-filled days! Visit [www.sunmaid.co.uk/en/recipes/recipe/Kids\\_Trail\\_Mix.html](http://www.sunmaid.co.uk/en/recipes/recipe/Kids_Trail_Mix.html) for the full recipe, courtesy of California Sun-Maid Raisins.



## DID YOU KNOW?



Active Birthday Parties and  
Saturday Fun Football...

Coming Soon!



Keep an eye out for the launch of Saturday Fun Football and our new Birthday Party packages!

We are also bringing back our sibling offering this summer - details to follow very soon!

If you have opted out of communications with us then make sure you opt back in for a whole host of new and exciting offers...watch this space!

Join Fit For Sport this May Half Term  
and all summer long at your local...



BOOK  
NOW

[www.fitforsport.co.uk](http://www.fitforsport.co.uk)  
0845 456 3233

# Activity Camp



## FIT FOR SPORT'S CAMP COMPETITION

Don't forget to email your Activity Camp booking reference number with **"PICK ME"** in the subject line to [competitions@fitforsport.co.uk](mailto:competitions@fitforsport.co.uk) for your chance to win a free week at your local camp this summer!

For the schedule, times and prices of our before and after school clubs, visit [www.fitforsport.co.uk](http://www.fitforsport.co.uk).

Please note the prices shown online are the **EARLY** rates which only apply if you book two weeks in advance of a session.



Fit For Sport's charity partner, the Yellowball Foundation, work to provide disadvantaged children access to sustainable activity programmes. For ways you can support please visit [www.yellowballfoundation.co.uk](http://www.yellowballfoundation.co.uk).

